

**Parents, are  
you leading  
the way?**



**Choose fruits, vegetables and physical activity.**

NATIONAL 5 A DAY MONTH SEPTEMBER 2004

## **Do your kids have access to plenty of fruits and vegetables at home?**

- I keep a bowl of fresh fruit on the counter.
- I keep easy-to-eat vegetables and low-fat dip in the refrigerator where my kids can reach them.
- I serve two vegetables with dinner.
- I set a good example by snacking on fresh fruit like oranges, apples, grapes, and bananas.
- My freezer is packed with quick and easy vegetables.

